

**Abstract**

The invention relates to an improved method for agrobacterium transformation and regeneration of plants. The inventive method is characterized in that it consists in sequentially preparing, inoculating and co-cultivating explants. The preparation of each subsequent lot of plants is carried out after a time interval for transforming plant cells and forming an induced resistance with respect to abiotic and biotic stresses in a leaf discs, thereby making it possible to reduce a necrosis degree and the number of somaclonal variations of the transgenic plants.